

POSTER PRESENTATION

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Altered affective response to exercise is changed after moderate aerobic exercise training in migraine

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From The European Headache and Migraine Trust International Congress
 London, UK. 20-23 September 2012

Introduction

Exercise is known to elicit affective response[1]. However, it is not known how this response behaves in migraine patients. This study is a case report of a young woman with migraine (M) according to ICHD-II. We aimed to verify the effect of 4 weeks of moderate aerobic exercise training (AET) on affective response and M clinical outcomes.

Methods

AET protocol consisted in treadmill exercise performed 3 times a week for 4 weeks, the intensity of exercise was set at 40-60% of oxygen uptake reserve (VO₂R) and duration was 30 min each session[2]. Affective response was measured by the Feeling Scale (FS) of Hardy & Hejeski (1989)[1] at first and last sessions. M clinical outcomes were recorded in a diary.

Results Baseline M-frequency = 13/month (including 5 with disabling intensity). For the 4-weeks AET protocol, M-frequency = 9/month (including 3 with disabling intensity). At first session of aerobic exercise the FS indices measured at moments before, during and after the exercise was 3, 3 and -1 (3 = "Well" and -1 = "Bad"), respectively. In the last exercise session the FS indices were 3, 3 and 4 (4 = "Very well") for the correspondent moments.

Conclusions

These results showed a negative emotional response with exercise and that it was reversed after 4-week of moderate AET. Further research is needed to investigate if these results reproduce in a more representative sample and a

longer AET protocol and what neuropsychological mechanisms underlie this behaviour.

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Published: 21 February 2013

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doi:10.1186/1129-2377-14-S1-P140

Cite this article as: Belitardo de Oliveira et al.: Altered affective response to exercise is changed after moderate aerobic exercise training in migraine. *The Journal of Headache and Pain* 2013 **14**(Suppl 1):P140.

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